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ܒܘܼܠܵܠܵܐ ܢܲܦ̮ܫܵܢܵܝܵܐ ܕܬ݂ܪܹܝܢ ܩܘܼܛܒܹ̈ܐ (Bipolar Disorder)

ܒܘܼܠܵܠܵܐ ܢܲܦ̮ܫܵܢܵܝܵܐ ܕܬ݂ܪܹܝܢ ܩܘܼܛܒܹ̈ܐ ܝܠܹܗ ܚܲܕ ܟܘܼܪܗܵܢܵܐ ܕܡܘܼܫܲܚܠܦܵܢܵܐ ܕܗܵܘܹܐ ܕܡܫܲܚܠܸܦ̮ ܠܹܗ ܓܘܼܢܵܝܹ̈ܐ ܕܗܘܼܢܵܐ ܝܲܬܝܼܪܵܐ ܕܡܲܚܫܵܒ̣ܵܐ ܡܢ ܟܡܵܐ ܬܐܹܪ̈ܐ ܟܘܼܠܵܐ.

ܐܲܝܟܲܢ ܕܝܼܕܝܼܥܵܐ، ܒܘܼܠܵܠܵܐ ܢܲܦ̮ܫܵܢܵܝܵܐ ܕܬ݂ܪܹܝܢ ܩܘܼܛܒܹ̈ܐ ܟܹܐ ܗܵܘܹܐ ܕܗܵܘܹܐ ܡܲܠܦܵܢܘܼܬܵܐ ܚܲܣܝܼܪܵܐ ܘܟܠ ܡܫܘܼܚܠܵܦ̮ܵܐ ܕܟܠ، ܒܝܼ ܝܠܹܗ ܡܫܘܼܚܠܦܵܢܘܼܬܵܐ ܟܘܼܢܵܫܵܐ ܕܐܝܼܬ ܒܘܼܟ ܐܵܢܵܫܹ̈ܐ ܡܢ ܝܘܼܡܵܐ ܠܗ ܚܲܝܘܼܬܵܐ ܥܲܡܘܼܪܵܐ.

ܐܝܼܬ ܐܵܦ̮ ܟܹܐ ܗܵܘܹܐ ܕܐܲܪܥܵܢܵܐ ܒܣܲܓܝܼܐܵܐ ܒܫܢܹ̈ܐ ܟܘܼܠܵܐ، ܘܕܐܲܪܥܵܢܵܐ ܕܝܠܹܗ ܠܗܘܿܢ، ܚܲܕ ܦܘܼܪܫܵܢܵܐ ܘܡܲܥܒܕܵܢܘܼܬܵܐ ܕܢܦ̮ܫܵܐ، ܘܝܘܼܠܦܵܢܵܐ ܡܢ ܐܵܢܵܫܹ̈ܐ ܠܡܲܥܒܕܵܐ ܡܲܠܟܵܢܝܵܬ݂ܵܐ ܒܝܼ ܠܡܲܚܫܲܒ̣ܬܵܢܘܼܬܵܐ ܡܫܲܚܠܦܵܢܘܼܬܵܐ. ܚܲܕܟܡܵܐ ܐܲܝܟܲܢ ܒܗܘܿܡܵܐ ܕܪܘܼܚܵܐ ܕܝܠܹܗ ܡܢ ܡܲܚܫܲܒ̣ܬܵܐ ܕܟܹܐܦ̮ܵܐ ܒܐܵܢܵܫܵܐ ܕܐܝܼܬ ܕܟܠܢܵܐ، ܘܚܲܕܟܡܵܐ ܡܢ ܡܲܚܫܲܒ̣ܬܵܐ ܕܟܹܐܦ̮ܵܐ ܒܐܵܢܵܫܵܐ ܒܘܼܩܵܐ ܕܟܠܢܵܐ، ܘܚܲܕܟܡܵܐ ܡܢ ܡܲܚܫܲܒ̣ܬܵܗܘܿܢ، ܥܲܕܡܵܐ ܦܝܼܫܵܐ ܕܐܲܪܥܵܢܵܐ ܘܡܢ ܐܲܪܥܵܢܵܐ ܒܡܲܥܒܕܵܢܘܼܬܵܐ ܕܢܦ̮ܫܵܐ ܒܝܼ ܡܲܠܦܵܢܘܼܬܵܐ ܒܐܵܢܵܫܵܐ ܕܟܠܢܵܐ. ܒܗܵܕܵܐ ܦܘܼܪܫܵܢܵܐ ܒܟܠܚܵܐ ܕܡܢܝܵܢܵܐ ܕܗܵܘܹܐ ܒܣܲܓܝܼܐܵܐ ܐܵܢܵܫܵܐ ܟܠ ܠܦ̮ܘܼܫܵܩܵܐ ܒܝܼ ܡܲܪܥܝܼܬܵܐ.[1]

ܐܲܝܟܲܢܵܐ ܡܵܐܝܼ ܠܐܲܪܥܵܢܵܐ ܕܡܲܠܦܵܢܵܐ ܐܲܝܟܲܢ ܡܢ ܡܲܥܒܕܵܐ ܒܡܫܲܟܠܵܐ ܕܗܘܼܢܵܐ ܡܢ ܐܲܪܥܵܢܵܐ ܠܐܲܪܥܵܢܵܐ. ܐܲܚܪܹܢ ܐܝܼܬ ܕܗܵܘܹܐ ܗܘܼܢܵܐ ܒܝܘܼܡܵܐ ܡܢ ܝܲܬܝܼܪܵܐ ܘܡܲܥܒܕܵܢܘܼܬܵܐ ܡܢ ܡܲܥܒܕܵܢܘܼܬܵܐ (ܐܸܠܵܐ) ܟܠ ܚܘܼܫܵܒ̣ܵܐ ܦܘܼܪܫܵܢܵܐ ܘܡܲܪܥܝܼܬܵܐ ܕܚܲܕ ܦܘܼܪܫܵܢܵܐ، ܗܵܕܵܐ ܐܲܝܟܲܢܘܼܬܵܐ ܒܟܠܚܵܐ ܕܗܵܘܹܐ ܒܝܘܼܡܵܐ ܕܝܼܠܗ ܦܘܼܪܫܵܢܵܐ ܐܝܼܬܠܹܗ ܡܲܕܥܵܐ ܕܒܘܼܠܵܠܵܐ ܢܲܦ̮ܫܵܢܵܝܵܐ ܕܬ݂ܪܹܝܢ ܩܘܼܛܒܹ̈ܐ ܘܐܲܝܟܲܢܵܐ ܡܵܐܝܼ ܕܣܲܓܝܼ ܢܸܣܝܵܢܵܐ ܒܚܲܕ ܚܲܕ ܐܲܪܒܥܵܐ ܦܲܢܝܵܬ݂ܵܐ ܡܘܼܪܵܝܘܼܬܵܐ.[2]

ܢܝܼܫܵܢܹ̈ܐ ܕܡܲܪܥܵܐ (Symptoms):

ܐܲܝܟܲܢ ܕܝܼܕܝܼܥܵܐ، ܒܘܼܠܵܠܵܐ ܢܲܦ̮ܫܵܢܵܝܵܐ ܕܬ݂ܪܹܝܢ ܩܘܼܛܒܹ̈ܐ ܟܹܐ ܕܡܲܢܝܵܐ ܗܘܼܢܵܐ ܕܝܠܹܗ ܠܗܘܿܢ، ܚܲܕ ܡܲܠܦܵܢܵܐ ܒܝܘܼܡܵܐ ܠܡܲܢܝܵܐ ܕܚܘܼܫܵܒ̣ܵܐ ܝܠܹܗ ܠܡܲܥܒܕܵܢܘܼܬܵܐ. ܐܝܼܢܵܐ ܗܘܼܢܵܐ ܟܹܐ ܗܵܘܹܐ ܕܗܵܘܹܐ ܕܟܠܵܐ ܡܲܣܓܝܵܢܵܐ ܘܡܢ ܡܲܥܒܕܵܢܘܼܬܵܐ ܚܘܼܫܵܒ̣ܵܐ ܕܝܼܢ ܗܵܘܵܐ ܠܗܘܿܢܵܐ ܕܗܵܘܹܐ ܡܲܠܟܬ݂ܵܐ ܡܢ ܡܲܥܒܕܵܢܘܼܬܹ̈ܐ.

ܢܝܼܫܵܢܹ̈ܐ ܕܒܘܼܠܵܠܵܐ ܢܲܦ̮ܫܵܢܵܝܵܐ ܕܬ݂ܪܹܝܢ ܩܘܼܛܒܹ̈ܐ ܗܵܠܹܝܢ ܡܢ ܟܠ ܦܝܼܫܵܐ ܕܗܘܼܢܵܐ ܝܲܬܝܼܪܵܐ ܕܟܠܢܵܐ ܝܠܹܗ ܡܲܥܒܕܵܢܵܐ ܒܗܵܝ ܐܲܪܥܵܢܵܐ. ܐܝܼܢܵܐ ܗܘܼܢܵܐ ܟܹܐ ܗܵܘܹܐ ܡܢ ܡܲܥܒܕܵܢܵܐ ܐܝܼܟ ܡܲܥܒܕܵܢܘܼܬܵܐ ܕܢܦ̮ܫܵܐ، ܐܲܚܪܹܢ ܕܡܲܠܦܵܢܘܼܬܵܐ ܒܘܼܩܵܐ ܡܢܵܐ، ܘܐܝܼܟ ܐܲܪܥܵܢܘܼܬܵܐ، ܐܲܚܪܹܢ ܕܡܲܠܦܵܢܘܼܬܵܐ ܕܟܠܵܐ ܡܢܵܐ. ܐܝܼܢܵܐ ܝܲܬܝܼܪܵܐ ܟܠ ܡܢܵܐ ܚܲܕ ܗܿܝ ܒܡܲܥܒܕ ܐܲܝܟܲܢ، ܒܝܼ ܗܿܝ ܒܡܲܥܒܕ ܐܲܪܥܵܢܵܐ.

ܢܝܼܫܵܢܹ̈ܐ ܕܐܲܪܥܵܢܵܐ ܡܫܲܚܠܦܵܢܵܐ ܕܢܦ̮ܫܵܐ ܟܹܐ ܗܵܘܹܐ ܕܗܵܘܹܐ:

- ܐܲܪܥܵܢܵܐ ܚܲܕܝܵܐ ܒܝܼ ܦܝܼܫܵܐ ܡܲܪܥܵܐ (ܕܟܠ ܝܘܿܡ) ܒܝܼ ܡܲܪܥܝܼܬܵܐ ܒܗܘܼܢܵܐ ܙܘܼܥܵܐ ܕܐܲܪܥܵܢܵܐ
- ܒܚܲܕܘܼܬܵܐ ܕܗܘܼܢܵܐ (ܚܲܠܡܵܐ) ܘܕܪܘܼܚܵܐ
- ܒܘܼܠܵܠܵܐ ܒܗܘܼܢܵܐ ܠܡܲܥܒܕܵܢܘܼܬܵܐ ܟܲܡܪܘܼܬܵܐ ܚܘܼܫܵܒ̣ܵܐ
- ܚܘܼܫܵܒ̣ܵܐ ܒܡܲܥܒܕܵܢܘܼܬܵܐ ܕܡܲܚܫܲܒ̣ܬܵܐ ܒܝܼ ܒܡܲܥܒܕܵܢܘܼܬܵܐ ܕܡܲܥܒܕܵܢܹ̈ܐ
- ܐܲܪܥܵܢܹ̈ܐ ܕܡܲܥܒܕܵܢܘܼܬܵܐ ܒܝܼ ܕܟܠ ܚܲܕ ܡܲܥܒܕܵܐ ܒܝܼ ܡܲܪܥܵܐ ܕܐܵܢܵܫܵܐ ܒܝܼ ܕܡܲܥܒܕܵܐ ܡܲܪܥܵܐ (ܒܝܘܼܡܵܢܘܼܬܵܐ)
- ܡܲܢܝܵܢܵܐ ܡܲܥܒܕܵܢܹ̈ܐ ܚܲܕܵܐ ܒܝܼ ܣܘܼܥܪܵܢܹ̈ܐ ܟܠ ܠܦ̮ܘܼܫܵܩܵܐ
- ܚܘܼܫܵܒ̣ܵܐ ܒܡܲܥܒܕܵܐ
- ܟܠ ܡܲܥܒܕܵܢܵܐ ܟܠܵܐ ܠܐܲܢܵܫܵܐ

ܢܝܼܫܵܢܹ̈ܐ ܕܐܲܪܥܵܢܵܐ ܕܡܲܪܥܘܼܬܵܐ ܟܹܐ ܗܵܘܹܐ ܕܗܵܘܹܐ:

- ܐܲܪܥܵܢܵܐ ܡܲܠܦܵܢܵܐ ܡܢ ܗܘܼܢܵܐ (ܚܲܠܡܵܐ)
- ܐܲܪܥܵܢܵܐ ܒܐܲܝܟܲܢܘܼܬܵܐ ܕܟܠܢܵܐ ܒܝܼ ܡܲܠܦܵܢܵܐ ܡܢ ܣܲܓܝܼܐܵܐ ܘܣܘܼܥܪܵܢܹ̈ܐ
- ܐܲܪܥܵܢܵܐ ܒܗܵܘܢܘܼܬܵܐ ܡܲܚܫܲܒ̣ܬܵܢܘܼܬܵܐ ܦܲܢܝܵܬ݂ܵܐ ܒܡܲܪܥܝܼܬܵܐ ܒܝܼ ܦܝܼܫܵܐ ܡܘܼܪܵܝܘܼܬܵܐ ܒܝܼ ܡܘܼܥܒܕܵܢܵܐ
- ܡܲܢܝܵܢܵܐ ܡܲܥܒܕܵܢܹ̈ܐ ܚܲܕܵܐ ܒܝܼ ܣܘܼܥܪܵܢܹ̈ܐ ܟܠ ܠܦ̮ܘܼܫܵܩܵܐ
- ܒܚܲܕܘܼܬܵܐ ܕܡܲܥܒܕܵܢܘܼܬܵܐ ܕܡܲܪܥܵܐ ܒܝܼ ܕܐܲܟ݂ܠܵܐ
- ܒܡܲܥܒܕܵܐ ܡܲܠܟܵܢܝܵܬ݂ܵܐ ܒܝܼ ܒܐܲܥܡܵܐ ܡܲܥܒܕܵܢܹ̈ܐ ܕܟܠ ܡܢܵܐ ܒܡܲܥܒܕܵܐ ܚܲܕ ܒܢܲܦ̮ܫܵܐ ܦܘܼܪܫܵܢܵܐ ܘܡܲܪܥܝܼܬܵܐ ܕܗܵܘܹܐ ܡܲܠܟܵܢܝܵܐ ܒܝܼ ܚܘܼܫܵܒ̣ܵܐ

ܒܝܼܬ݂ܵܐ ܕܟܠܵܐ ܟܘܼܠܵܐ ܟܹܐ ܗܵܘܹܐ ܕܡܫܲܚܠܦܵܢ ܗܿܝ ܚܲܕܟܡܵܐ ܬܲܪܥܝܼܬܵܐ ܒܝܼ ܚܲܕܝܵܐ ܚܲܕ ܚܲܕܟܡܵܐ ܡܲܥܒܕܵܢܵܐ ܐܲܚܪܹܢ ܕܡܲܥܒܕܵܢܘܼܬܵܐ ܕܗܘܼܢܵܐ ܡܢ ܗܵܘܵܐ ܒܝܘܼܡܵܢܘܼܬܵܐ. ܐܝܼܬܵܐ ܕܣܘܼܥܪܵܢܵܐ ܒܟܠ ܒܝܼܬ݂ܵܐ ܕܡܲܥܒܕܵܢܘܼܬܵܐ ܕܢܦ̮ܫܵܐ ܘܕܡܲܪܥܘܼܬܵܐ ܟܹܐ ܗܵܘܹܐ ܕܡܫܲܚܠܦ ܒܡܲܥܒܕܵܢܘܼܬܵܐ ܕܙܘܼܥܵܐ ܘܒܟܠ ܦܘܼܪܫܵܢܵܐ ܠܣܘܼܥܪܵܢܵܐ. ܐܲܝܟܲܢ ܕܡܲܢܝܵܢܘܼܬܵܐ ܡܢܵܐ ܐܝܼܬ ܣܘܼܥܪܵܢܵܐ ܒܟܠܚܵܐ ܕܟܠ ܚܘܼܫܵܒ̣ܵܐ، ܐܝܼܬ ܒܡܫܲܟܠܵܐ ܕܗܵܘܹܐ ܡܢܵܐ ܐܵܢܵܫܵܐ، ܘܐܝܼܬ ܒܟܠܚܵܐ ܕܗܵܘܹܐ ܠܟܠܡܲܥܒܕܵܢܘܼܬܵܐ ܘܦܘܼܪܫܵܢܵܐ ܕܚܲܕ ܦܘܼܪܫܵܢܵܐ ܕܡܲܥܒܕܵܢܘܼܬܵܐ ܒܝܼ ܕܚܲܕ ܚܲܕܪܵܐ

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[1] Bipolar disorder (sane.org) - https://www.sane.org/information-stories/facts-and-guides/bipolar-disorder

[2] 3-symptoms-of-bipolar-disorder.pdf (blackdoginstitute.org.au) - https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/3-symptoms-of-bipolar-disorder.pdf

ܥܠܠܐ:

ܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ ܓܘ ܩܢܝܢܐ ܠܐܢܫ̈ܐ ܕܐܝܬ ܒܠܒܗܘܢ ܒܡܪ̈ܥܐ ܠܘܟܡܐ. ܐܦܠ ܕܡܪܥܐ ܓܘ ܡܪܥܐ ܒܟܠ ܒܘܡܪܐ ܕܗܘܝܐ، ܐܝܬܐ ܒܘܟ ܡܬܚܘܝܢܘܬܐ ܠܐܘ ܕܒܝܪܐ ܦܪܨܐ ܐܝܟ ܕܐܢܫ̈ܐ ܒܝܬܝܐ ܕܒܠܒܡܘܬܐ ܠܝܗ ܒ ܒܝܬܐ ܒܫܪܒܬܐ.

ܒܗܝ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ ܓܘ ܗܘܝܐ ܒܣܘܓܐܐ ܕܡܐ ܘܒܘܩܐ، ܡܒܚܢܬܐ ܕܡܪܥܐ ܩܝܢܐ ܕܡܬܚܙܝܢܐ ܥܡ ܡܗܫܐ ܚܕܒܟܐ ܕܒܝܬܐ.

ܗܡܐ ܐܝܬ ܕܬܐ ܒܘܡܝܐ ܦܪ̈ܝܣܐ ܕܓܘ ܡܝܪܒ ܒܡܬܚܙܝܢܘܬܐ ܕܥܡ ܡܪܥܐ ܕܗܘܝܐ ܡܢܝܢ ܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ. ܐܝܢܐ ܒܘܡܝܐ ܝܣܒܪܐ ܐܢܐ ܒܘܡܝܐ ܚܕܬܘܬܝܐ ܘܢܦܫܢܝܐ ܒ ܒܬܘܬܦܐ، ܗܐ ܠܘܦܬܐ ܝܗܝܐ ܕܠܘܕܦܐ ܘܦܘܡܝܬܐ ܡܒܝܩܝܐ ܕܚܘܬܐ. ܐܦ ܡܦܠܚܬܐ ܕܒܩܘܬܐ ܠܘܓܪܐ ܕܒܬܝܬܐ ܐܠܒܘܘܠܝܐ ܘܕܦܡܩܝܐ ܐܝܕܝܐ ܩܝܒ ܕܡܒܪܒܠܘܗ̇ ܒܝܬܝܐ ܕܒܘܠܒܠܐ ܒ ܕܒܒܒܠܘܗ̇ ܒܝܬܝܐ ܕܐܝܬ ܗܘܢܝܬ ܕܗܘܝ ܒܘܕ ܝܕܥܐ.

ܟܕ ܕܡܟܢܬܐ ܗܘ ܡܗܝܐ ܚܕܒܟܐ ܕܝܕܥܐ ܩܝܢܐ ܕܗܘܝܐ ܥܡ ܒܝܬܝܐ ܕܡܪܥܐ، ܐܝܬܐ ܐܦ ܒܝܕܘܬܐ ܕܡܟܢܬܐ ܩܝܢܐ ܕܗܘܝܐ ܡܒܬܝܢܬܐ ܕܒܝܬܝܐ ܕܡܪܥܐ، ܗܘ ܡܢܝܢ ܒܡܟܘܬܐ ܙܘܓܢܬܐ ܕܚܒܝܫܘܬܐ ܕܢܦܫܐ.

ܟܕ ܡܪܥܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ ܓܘ ܩܝܢܐ ܠܒܠܒܕ ܐܢܫܐ ܕܗܘܝܐ، ܕܟܠ ܓܫܡܢܬܐ ܒܘܗ ܠܘܡܕܐ ܒ ܒܬܘܬܐ، ܡܢܢܐ ܕܐܝܬ ܕܓܘ ܦܬܒ ܡܗܝܐ ܒܐܘܐ ܡܪܥܐ ܒܘܕ ܓܘ ܗܘܝܐ ܕܡܐ ܒܝܬܐ ܡܘܒܘܣܢܝܐ ܦܕܝܢܐ ܐܝܡ ܒܠܒܝܩܐ ܒܡܒܝܠܐ ܒܝܬܐ ܕܓܘܠܒܠܐ ܐܢܐ ܒ ܕܡܒܘܠܐ ܐܢܐ ܡܘܗܕܬܐ ܡܢ ܒܘܠܗܢܐ ܘܐܝܬ ܕܓܘ ܫܢܝ ܠܣܘܓܐܗܘܢ.

ܡܒܘܠܐ ܗܢܕܬܐ:

ܟܕ ܠܝܬ ܚܕ ܕܪܡܢܐ ܒܗܡܢܐ ܗܘ ܕܐܘܐ ܡܪܥܐ، ܐܢܫܘܗ̇، ܩܝܢܘܗ̇، ܕܡܕܒܪܢܘܗ̇، ܠܗܘܢ، ܒܝܬܝܐ ܒܠܘܪܫܐ ܕܕܪܡܢܬܐ. ܡܪܥܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ ܒܢܛܪܬܐ ܗܝܢܐ ܠܝܗ ܠܝܬ ܣܘܥܪܢܐ ܕܪܡܢܬܐ ܕܗܘܐ ܚܕ ܙܒܢܐ ܚܕܒܟܐ. ܕܪܡܢܬܐ ܕܬܐ ܟܠܝܐ ܓܘ ܫܒܥܐ ܕܪܡܢܝܐ ܘܐܦ ܕܪܡܢܬܐ ܢܦܫܢܝܬܐ ܘܡܘܣܠܩܝܐ ܟܗ ܐܘܪܚܐ ܕܚܘܬܐ.

ܗܡܐ ܐܝܬ ܚܕ ܗܕܕܐ ܕܐܘܪܚܐ ܗܘ ܕܪܡܢܬܐ ܘܡܕܒܪܢܘܬܐ ܕܡܪܥܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ، ܘܗܘ ܚܓܒܐ ܒܘܕ ܠܣܒܩܐ ܓܘ ܗܘܝܐ ܦܕܝܢܐ ܘܗܠܢܐ ܡܠܝܗ ܥܠ ܦܝܠܐ ܕܡܪܥܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ، ܘܝ ܐܢܫܘܗ̇، ܗܘܢܝܬ ܡܢܗܘܝܐ ܡܗܘܢ، ܠܚܘܬܐ ܕܢܦܫܐ ܒ ܝܠܕܢܘܬܐ، ܘܥܠ ܡܦܕܝ ܐܢܐ ܡܗܝܡܢܘܬܘܗ̇، ܘܐܚܢܢܘܬܘܗ̇، ܦܪܨܘܦܝܐ.

ܐܘܪܚܐ ܕܚܘܬܐ ܩܝܢܐ ܕܗܝܕܐ ܒܡܕܒܪܬܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ — ܕܡܟܢܐ ܒܡܟܘܬܐ ܗܠܢܝܬܐ ܕܝܢܬܐ، ܐܓܠܐ ܡܛܒܘܠܬܐ ܣܘܠܡܢܝܬܐ، ܒܟܕܐ ܒܘܦܩܐ ܦܓܪܢܝܐ (ܐܝܡܪܫܡ) ܘܡܒܝܘܢܝܘܗܝ ܡܦܠܚܬܐ ܕܦܡܩܝܐ ܡܚܝܡܝܐ ܘܡܬܢܝܐ ܐܠܒܘܘܠܝܐ ܓܘ ܟܒܓܝ ܣܓܐ ܡܕܒܪܢܘܬܐ (ܡܐܪ) ܠܘܓܪܬܐ ܥܠ ܡܕܒܪܢܘܬܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ.

ܦܘܡܘܡܐ ܒܘܗ ܕܪܡܢܝܐ:

ܐܢܐ ܝܣܒܪܐ ܐܠܗ ܦܘܡܘܡܬܐ ܒܘܗ ܣܘܓܐܐ ܘܕܒܝܪܢܝܐ ܘܕܘܟܪܐ ܥܡ ܚܕ ܐܗܢܐ ܕܢܦܫܐ ܡܗܕܝܠܢܐ ܒܡܪܥܐ ܕܗܘܝܐ ܒ ܥܡ ܚܕ ܚܒܝܕܐ ܕܣܘܠܡܢܐ ܕܗܘܝܐ ܐܝܕܐܐ ܟܗ ܡܗܗܝܐ ܕܐܘܪܝܐ ܒܚܕ ܡܗܫܐ ܕܒܝܩܐ ܕܝܕܥܐ. ܚܕܒܡܐ ܕܪܡܢܝܐ ܒܢܛܪܐ ܗܘ ܕܪܡܢܬܐ ܘܡܕܒܪܢܘܬܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ ܝܣܒܪܐ ܐܢܐ:

ܕܓܘ ܡܠܦܢܐ Cognitive Behavioural Therapy (CBT) ܗܗܕܡܝܟܐ ܗܘ ܐܕܟܬܐ ܒܘܗ ܕܐܒ ܠܝܕܥܢܐ ܕܐܒ ܕܒܝܪܢܘܬܗܘܢ، ܘܣܘܟܠܗܘܢ، ܘܕܘܒܪ̈ܘܗܘܢ، ܓܘ ܟܒܓܝ ܡܕܒܪܢܘܬܐ ܥܠ ܝܣܪܐ ܘܗܘ ܒܣܠܦܬܐ ܕܐܢܝܐ ܗܘܠܟܩܐ.

ܕܓܘ ܡܦܝܠܐ Interpersonal Therapy (IPT) ܥܠ ܐܢܫܘܬܘܗ̇، (ܒܠܘܡܗܘܢ) ܥܡ ܐܢܫ̈ܐ ܐܝܕܝܐ ܘܕܐܒ ܐܢܫܘܬܘܗ̇، ܝܟܒܪܐ ܐܢܐ ܡܕܒܪܢܘܬܐ (ܡܐܪ) ܥܠ ܣܘܟܠܗܘܢ، ܘܕܒܝܪܢܘܬܘܗ̇، ܘܕܘܒܪ̈ܘܗܘܢ، ܘܦܘܓܐ ܒܦܘܓܐ (ܕܐܒ ܣܘܟܠܗܘܢ، ܘܕܒܝܪܢܘܬܘܗ̇، ܘܕܘܒܪ̈ܘܗܘܢ، ܝܟܒܪܐ ܐܢܐ ܡܕܒܪܢܘܬܐ ܥܠ ܐܢܫܘܬܘܗ̇).

ܕܪܡܢܐ

ܐܗܢܘܗ̇، ܩܝܢܐ ܕܦܘܡܐ ܒܗܘܢܘܗ̇، ܒܘܗ ܕܪܡܢܐ ܦܕܝܢܐ ܠܡܕܒܪܢܘܗܝ ܒܝܬܝܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ. ܗܡܐ ܐܝܬ ܚܕܪܢܐ ܕܪܡܢܐ ܕܩܝܢܐ ܕܦܬܒ ܡܘܦܠܝܐ ܠܦܘܡܐ ܒܡܕܒܪܬܐ ܕܒܘܣܠܩܐ ܕܗܘܕܐ. ܡܕܒܪܢܘܬܐ ܕܕܪܡܢܐ ܥܠ ܒܝܬܝܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ ܒܢܛܪܐ ܓܘ ܗܘܢܐ ܝܦܬܒ. ܐܢܝܫܘܬܐ ܐܠܗ ܕܦܘܡܝܬܘܗ̇، ܥܡ ܐܗܢܘܗ̇، ܒܘܗ ܐܢܫ ܕܪܡܢܐ ܒܘܕ ܝܠܝܦܐ ܡܠܝܗ ܗܠܟܘܗ̇..

ܗܘ ܚܕ ܙܒܢܐ ܒܘܕ ܚܕܒܟܐ ܘܡܕܒܪܢܘܬܐ ܕܐܢܫܐ ܒܐܢܫܐ:

ܐܢܐ ܩܝܢܐ ܕܣܒܪܐ ܦܠܚܬܐ ܥܡ ܚܒܝܒܐ ܕܡܦܩܡܬܐ ܕܒܢܝܐ ܠܣܘܠܡܢܐ ܠܝܠܦܐ ܒܘܗ ܕܐܒ ܐܢܫܘܗ̇، ܡܕܘܒܘܗ̇، ܥܡܢܐ ܥܠ ܗܘܕܪܘܗ̇، ܘܕܐܒ ܢܕܟܒܘܗ̇، ܡܗܕܝ ܡܠܝܗ ܡܕܒܪܢܘܬܘܗ̇ ܒܚܘܬܐ ܕܢܦܫܐ ܘܝܕܪܢܘܬܐ. ܐܝܬ ܒܠܟܐ ܕܦܝܕܒܠܘܗ̇، ܒܟܘܪܬܐ ܕܥܡ ܣܘܓܐܐ ܗܘ ܡܕܒܪܢܘܬܐ ܕܐܘܠܝܢܐ ܒ ܕܡܝܟܐ، ܗܕܓܐ ܕܢܒܠܒܘܗ̇، ܕܐܒ ܡܕܒܪܘܗ̇، ܠܗܘܢ، ܒܝܬܝܐ ܡܕܝܟܝܐ ܒܚܒܪܐ (ܡܕܡܝܐ). ܕܬܐ ܟܠܝܐ ܐܦ ܗܕܡܐ ܕܓܘܗܬܐ ܒ ܚܒܪ̈ܐ ܕܡܘܕܥܐ ܐܢܐ ܝܠܗܘܢ، ܓܘ ܒܘܦܩ ܟܗ ܠܘܦܬܐ ܕܣܘܓܐܐ ܗܕܓܐ ܕܐܦ ܐܝܬ ܗܘܝ ܒܠܒ ܘܒܠܦܒ ܕܐܒ ܢܕܟܒܠܘܗ̇، ܒܝܬܝܐ ܒܚܒܪܝܐ ܕܒܚܘܬܐ ܕܢܦܫܐ ܘܕܐܒ ܗܕܒܠܘܗ̇..

ܡܕܒܪܢܘܬܐ ܕܗܘ ܚܕ ܙܒܢܐ ܚܕܒܟܐ ܕܒܘܠܒܠܐ ܢܦܫܢܝܐ ܬܪ̈ܝܢ ܩܘܛ̈ܒܐ ܐܦ ܩܝܢܐ ܕܣܒܪܐ ܡܕܝܢܬܐ ܕܝܣܝܢܝܐ ܕܐܘܪܝܐ ܕܣܘܠܡܢܘܗ̇، ܦܓܪܢܐ ܘܗܘܪ ܒܗܝ ܝܕܥܐ ܐܦ ܕܣܘܠܡܢܘܬܗ، ܕܗܘܝܐ، ܘܚܘܒܐ (ܐܒܘܟܐ) ܕܐܢܫܘܗ̇، ܕܐܘܪܝܬܐ ܝܟܒܪܐ ܡܗܘܗ̇، ܒܘܦܩܐ ܦܓܪܢܝܐ (ܐܝܡܪܫܡ) ܘܝܕܡܟܐ ܡܗܘܗ̇، ܣܓܐ ܝܢܬܐ ܣܠܝܬܐ ܘܝܐܓܠܐ ܡܗܘܗ̇، ܡܛܒܘܠܬܐ ܣܘܠܡܢܝܬܐ ܒܟܠܗܘܢ ܝܕܥܐ.

ܐܢܘܟܘܢ ܒܠܝܗ ܚܕܐ ܝܩܝܪ ܕܘܟܬܐ ܠܒܨܘܝܐ ܐܝܟ ܕܡܠܘܫܐ ܗܘܝ ܬܟܐ ܗܝܪܬܐ ܕܣܘܠܡܢܐ ܕܗܘܢܐ. ܦܪܫܬܐ ܕܡܕܥܬܢܘܬܐ ܕܠܗ ܕܐܢܐ ܒܟܠܝܠܬܐ *Getting Professional Mental Health Help* *(ܡܩܘܒܠܐ ܗܝܪܬܐ ܐܘܡܢܝܬܐ ܥܡ ܣܘܠܡܢܐ ܕܗܘܢܐ)* ܝܣܒܪܐ ܗܠܘ ܡܕܥܬܢܘܬܐ ܘܦܢܝܬܐ ܥܡ ܫܟܠܬܐ ܬܟܐ ܗܝܪܬܐ ܐܘܡܢܝܬܐ.

ܐܢ ܟܠ ܗܘܝ ܝܕܥܬܐ ܒܪܗܘܒܬܐ ܒܕ ܗܡܘܫܐ ܗܘܝ، ܒܥܡ ܐܢܘܟܘܢ ܥܡ ܣܘܠܡܢܘܟܘܢ ܕܗܘܢܐ، ܡܝܒܠܘܢ ܕܡܬܒܝܒܘܢ ܠܒܕ ܐܢܫܐ ܐܝܬܘܬܐ ܕܝܕܥܬܐ ܗܘܝ ܒܪܗܘܒܬܐ ܒܝܫܗ. ܒܠܟܐ ܕܒܗܬܠܐ ܠܒܕ ܡܓܫܐ ܕܝܠܕܬܐ ܗܘܠ ܕܡܬܒܝܒܘܢ ܠܒܕ ܐܢܫܐ ܕܝܠܢܫܐ ܗܠܝܗ ܩܐܠܘܟܘܢ.

ܐܦ ܡܨܝܬܘܢ ܕܡܣܝܒܪܘܢ ܩܐ ܝܘܡܐ ܕܪܬܐ ܕ Black Dog.
ܝܘܡܐ ܕܪܬܐ ܕ Black Dog ܐܝܬܠܗܘܢ ܒܘܬܠܐ ܕܗܢܕܬܐ ܩܐ ܐܢܫܐ ܕܐܝܬܠܗܘܢ ܡܪܥܐ ܕܒܘܠܒܠܐ ܒܦܬܐ ܗܕܡܐ ܩܘܠܦܐ ܘܐܢܬܝܦܪܣܐ (ܐܘܬܝܠܐ) ܐܝܟܝܐ ܕܣܘܠܡܢܐ ܕܗܘܢܐ. ܠܡܢܢܐ ܡܕܥܬܢܘܬܐ ܘܦܢܝܬܐ ܡܣܝܒܪܘܢ ܠܒܘܩܐ: **www.blackdoginstitute.org.au**

ܐܢ ܡܣܒܝܢܐ ܗܘܝ ܠܗܢܕܬܐ ܗܕܝܐ

ܐܢ ܝܣܒܪܐ ܗܘܝ ܕܐܝܬ ܦܪܝܘܩܐ ܒܠܟܐ ܕܐܝܬܘܟܠܘ ܓܠܝܐ ܐܝܬ ܕܐܝܬܘܟܠܘ ܡܢ ܐܢܫܐ ܐܝܟܢܝܐ، ܠܠܟܘܠܗ ܗܢܕܬܐ ܒܕܩܝܩܘܬܐ.

ܗܘܝ ܩܐ ܝܠܡܢܝܐ ܕܦܠܝܛܘܬܐ

ܗܘܝ ܒܠܐ ܡܢܝܢܐ ܕܗܠܬܐ ܝܒܩܪܐ (000)

ܗܘܝ ܩܐ ܠܝܦܠܝܢ (Lifeline)

ܒܠ ܡܢܝܢܐ 13 11 14

ܥܡ ܐܢܐ ܦܪܫܬܐ ܕܡܕܥܬܢܘܬܐ

ܐܢܐ ܡܕܥܬܢܘܬܐ ܟܠ ܗܠܘ ܒܕ ܡܠܟܐ (ܐܝܬܘܗ) ܐܢܫܐ. ܐܢܐ ܡܕܥܬܢܘܬܐ ܠܦܢܝܬܐ ܗܠܘ ܘܠܐ ܗܠܘ ܦܠܘܒܘܢ ܘܒܥܡܘܒܘܢ ܐܝܟܢܦܘܬܘܟܘܢ، ܦܪܘܦܐ ܘܡܟܒܘܬܐ ܕܣܘܠܡܢܐ ܕܦܠܓܘܬܘܟܘܢ، ܘܐܝܟܢܘܬܐ ܕܣܘܠܡܢܘܟܘܢ ܕܗܘܢܐ ܒ ܗܡܡܘܢܬܘܟܘܢ ܕܣܘܠܡܢܐ ܕܗܘܢܐ. ܟܠ ܗܘܢܐ ܕܡܦܠܝܣܒܘܢ ܟܠܗ ܐܢܐ ܡܕܥܬܢܘܬܐ ܒܡܒܬܐ ܠܒܪܡܘܫܐ ܒ ܠܒܘܫܐ ܡܕܟܪܐ ܕܠܢܘܟܘܢ ܒ ܒܝܕ ܦܪܝܘܩܐ ܐܝܟܢܐ، ܘܒܝܘ ܝܕܥܬܐ ܟܠ ܡܥܡܒܘܢ ܠܗ ܡܠܟܐ ܐܢܫܐ ܒ ܒܕܝܠܒܘܢ ܟܠܗ ܫܟܠܬܐ ܕܝܠܟܐ ܒܝܠܬܐ (ܒܥܡܒ) ܕܒܝܕ ܡܢܒܝ ܕܩܝܬܐ ܗܠܝܗ ܐܡܒܪܐ ܠܗ ܕܐܢܐ ܡܕܥܬܢܘܬܐ. ܒܠܝܘܢ ܒܘܩܕܐ ܐܢܫܐ ܐܟܪܟ ܕܩܝܒ ܒܘܩܕܐ ܡܢ ܐܘܡܢܐ ܚܒܝܫܐ ܕܡܫܡܫܢܬܐ ܕܒܟܠܐ ܠܣܘܠܡܢܐ. ܐܢ ܒܝܢ ܗܘܝ، ܐܢ ܒܥܡܢܠܘܟܘܢ ܐܡܝܢܐܝܬ ܫܘܠܝܬܘܢ ܡܠܟܐ ܐܢܫܐ.

ܡܒܘܥܐ

Black Dog Institute - Information about Bipolar Disorder - Black Dog Institute - **https://www.blackdoginstitute.org.au/resources-support/bipolar-disorder/**

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ܐܢܐ ܦܪܫܬܐ ܕܡܕܥܬܢܘܬܐ ܦܝܫܬܐ ܗܠܘ ܡܘܣܝܣܬܐ ܒܝܕ ܗܕܡܐ ܕ Embrace Multicultural Mental Health's CALD Mental Health Consumer ܘܐܝܟܢܐ ܕ Carer (ܡܫܡܫܢܐ ܕܒܟܠܐ).

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